

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE  
Commodity Credit Corporation  
Office of Supply  
~~XXXXXXXXXXXXXXXXXXXX~~

PRODUCTION AND MARKETING ADMINISTRATION

Industrial Feeding Section - 150 Broadway, New York 7, N. Y.

September, 1945

No. 11

## To House Organ Editors

These articles may be included in your plant publication. Select those which will interest your readers.

---

## FOOD NEWS

With Victory came the end of rationing of processed food. Sugar, meat, fats, and oils will continue to be rationed until the supply of these foods catch up with the demand, according to Secretary of Agriculture, Clinton P. Anderson, who recently reviewed the food outlook for civilians.

### Sugar is still scarce

"The United States depends largely on world supplies of sugar," said Secretary Anderson, "and the world will be short of sugar until production in the Phillippines, Java, and Europe recovers. Sugar rationing may be needed for another year." He added that some improvement will be possible as a result of reductions in military needs, and because of the prospective increase in sugar beet production in this country this year. He predicted that "it may be possible to provide a little more for civilians beginning early next year, but no substantial increase in world production of sugar can be expected before early 1947."

### Now, what does that mean to you?

On the present sugar supply, each person's share is about 1 tablespoon a day. Take only 1 teaspoon of sugar in your coffee so that your fellow workers may get their share, too. Don't complain when there is no frosting on the cake. Instead, remember that the cafeteria manager is having a tough time of it stretching the plant's sugar supply.

### A bouquet for home canners

When discussing the lifting of rationing on processed foods, Secretary Anderson explained that military requirements for canned fruits and vegetables were greatly reduced after the war ended. He also handed a bouquet to home canners:

"Another fact that entered into the decision to take these foods off the ration list was the good job being done by home canners all over the country which, like last year, is adding to our total supply. Home canners helped make this possible and I want to urge them not to slacken their efforts now. Food demands remain high."

Can fruits this year, and can all the vegetables from your garden that you do not use on the table. For successful methods of canning fruits with low-sugar content, write to Office of Information, U. S. Department of Agriculture, Washington 25, D. C., for a free copy of Home Canning of Fruits and Vegetables, AWI-93. If you would like good recipes for many kinds of relishes, pickled peaches, pears, and other fruits, and directions for make sauerkraut, ask for Pickle and Relish Recipes, AWI-103 (free).

### About cabbages, tomatoes, and potatoes

Select crisp cabbage salads so satisfying to the eye and the palate as they appear on the cafeteria counter. Cabbage is a good source of vitamin C and, with the seasonal scarcity of citrus fruits, we should eat plenty of cabbage fresh from the garden. Tomatoes are rich in vitamin C, so when you do not have your usual serving of citrus fruit, eat plenty of luscious garden ripe tomatoes.

A bumper crop of potatoes has been harvested in many States. This crop which comes in between early spring potatoes and fall potatoes is called "intermediate" potatoes. They are "quality" potatoes. At least one serving a day is recommended in the health protective diet, so choose them often in the cafeteria. For tasty home recipes write to Office of Information, U. S. Department of Agriculture, Washington 25, D. C.,

### Correction

In the last month's issue of INDUSTRIAL NUTRITION SERVICE, it was stated incorrectly that potatoes were a good source of vitamin A. White potatoes contain some Vitamin A and some of the B vitamins as well, but do not contain enough of these vitamins to be classified as a "good" source of these substances. Potatoes have high nutritional value in other respects, however, since they contain significant amounts of Vitamin C, iron and other minerals.

### Health Hints

Did rationing and food shortages endanger our national health? No indeed, is the answer of food and health experts the country over, as reported in the September issue of the American Magazine.

An overwhelming majority of the experts believe that the war has actually improved our nutrition. They point out that the American people are eating better balanced meals than they did before the war because they are

- .....Drinking more milk
- .....Eating more green and yellow vegetables
- .....Eating more tomatoes and citrus fruit
- .....Eating bread enriched with vitamins and minerals.



Why not check your own food habits? Are you eating better than the average American? You are if you include these foods in your diet every day:

- .....1 pint of milk
- .....1 or more servings of green and yellow vegetables
- .....1 or more servings of citrus fruits or tomatoes
- .....1 egg
- .....1 or more servings of meat, fish, poultry, cheese, or dry beans or peas
- .....Whole-wheat or enriched bread or cereal

Attached is reprint of an article by Dr. Rober S. Goodhart, Chief of the Industrial Feeding Programs Division, which appeared in the June issue of NATIONAL SAFETY NEWS. Dr. Goodhart stresses the importance of a good breakfast to the health, efficiency, and morale of the industrial worker.

#### Food-On-The-Job Here and There

Down under, in Australia, plant cafeteria advisory committees are encouraged by their Government's Department of Labor and National Service. Among the suggested committee functions are pointers for plant labor-management committees interested in the food service:

- (1) Bring to the attention of the cafeteria manager suggestions designed to improve quality and increase the efficiency of the service.
- (2) Advise the cafeteria manager of complaints made by patrons and make recommendations to remedy them.
- (3) Secure full cooperation of the workers in avoiding waste, preventing property damage, and in helping to make the cafeteria efficient.

#### In-Flight Feeding

Leave it to the Army Air Corps to get in-plant feeding up in the air! They call the newly adopted practice of feeding flight crews on-the-job in-flight feeding. The importance of maintaining the health and efficiency of our fliers has long been recognized. At first sandwich lunches were provided for the crews, but when bombing ranges increased, with missions often lasting 6 hours or longer, an improved food service was developed. Pre-cooked food, reheated in insulated cabinets, is served when the plane is in flight, even though the temperature outside may be below zero.

#### New Poster on the Basic Seven

A new poster called, "A DAY'S PATTERN FOR GOOD EATING" is available for distribution. This colorful publication emphasizes the Basic Seven as the guiding light in planning breakfast, lunch or supper, and dinner. If you are interested in exhibiting this poster throughout your plant, write to the Office of Supply, U. S. Department of Agriculture, 150 Broadway, New York 7, N.Y. and specify the number of copies you will need.

#### A Plus for Vitamin A

A well-balanced diet, as a whole, is important in warding off many ailments, but foods rich in Vitamin A, in particular, are effective in strengthening the body's resistance to respiratory infections. Don't get us wrong--Vitamin A cannot cure respiratory diseases, but it can help to prevent them by keeping the lining of the respiratory tract in good condition, so that harmful organisms cannot thrive as readily in the nose, throat, lungs, etc....Closely related to its function of keeping intact the lining of the respiratory tract is the function of vitamin A to help maintain good eyesight

healthy condition of the skin

Group One (green and yellow vegetables) of the Basic Seven includes the vegetables that are particularly rich in Vitamin A....for example, carrots, spinach, kale, escarole, sweet potatoes, turnips. Other rich sources of Vitamin A are butter, cream, whole milk, cheeses made of whole milk or cream, egg yolk, liver, other organ meats.

Since Vitamin A can be stored in the body for a considerable length of time, it is advisable to include in the daily diet Vitamin A - rich foods when they are in abundant supply. In this way, we can be sure of "stocking up" on the Vitamin A for the winter months when green and yellow vegetables are not so plentiful and when butter, eggs, and milk are lower in Vitamin A content.